

## **MASTER YOUR VOICE!**

**The sound of your voice gives others an immediate impression of your age, background and character.**

**In business we sometimes have to make a quick judgment during the course of a short phone call and the sound of the person's voice forms at first 80% of this.**

**During business negotiations on all levels the sound of the voice continues to tell us more about the person. Sometimes we feel more drawn to the speaker, and sometimes the opposite, irrespective of speech content.**

**For teachers, the sound of your voice is crucial to keeping the attention of your pupils. This course is especially suitable to teachers who have recurring vocal problems.**

Mastering the sound of your voice, combined with powerful body language is therefore a necessary tool towards better communication and success.

At Voice Factory we concentrate on developing your vocal technique, modulation, projection, pacing and confidence through using correct muscular support and breath control. We also connect the voice to the emotional centers of the body through reflex-breathing and relaxation of tension from the tongue root. This means that not only will you be able to connect with your listeners on many levels and thus hold their attention for longer, but will retain an excellent vocal quality throughout.

This vocal technique lies at the core of operatic performance and has been developed by Stella Arman over the course of 25 years to bring impact into business.

This course brings together the main elements of 30 years of Stella's international experience and research, fine tuned to be absorbed easily with immediate effect.

Stella Arman. MA is director of Voice Factory London where she trains singers, actors, public speakers as well as British accent.

She has trained simultaneous translators world-wide and is engaged in training senior management for Shell, major investment banks and other international corporate companies.

The course is constructed as follows:

## Hours 1-2:

Physical alignment of spine and head and opening of key muscular blocks to aid free movement of air.

Re- learning the reflex-breathing. This is the powerful muscular action used by us all in laughing or coughing. As babies we used this for crying and is therefore a powerful communication tool and elementary to all effective vocal technique as it aids perfect articulation.

Through opening spaces in the pharynx we then learn how easy it becomes to project the voice without undue exertion or hardness appearing in the vocal quality.

## Hours 2-4

Vowels, consonants, support, projection and excellent articulation become possible by learning how to use the correct muscles for supporting the voice because these allow freedom of the tongue needed for the articulation of consonants.

Vowels will be connected to these same abdominal muscles combined with greater space in the pharynx, allowing the speaker to project, modulate the voice and connect with the emotional content of sound.

Connecting with the emotional content of sound and using the body in this way enables the speaker to achieve greater impact, whether speaking one to one or to large audiences.

A variety of vocal exercises, prose and poetry will be used to help all participants put these vital elements into practice.

## HOURS 4-6

### PERFORMANCE PRACTICE.

Each individual in the group will now be able to improvise a short speech on a chosen topic as well as give a 3 min prepared presentation.

Techniques to avoid deliberation or stuttering will be worked upon as well as use of silence, the encouragement of flow of thought, pacing and impact.

These elements are vital for all public speakers in order to obtain a high level of impact whilst the voice remains vibrant and the body energized.